

December
2022

Senior Center Without Walls Monthly Newsletter

Celebrating December

Safe Toys and Gifts Month

Spiritual Literacy Month

Write a Friend Month

Cookie Cutter Week
December 1–7

**Coats and Toys for
Kids Day**
December 3

St. Nicholas Day
December 6

Nobel Prize Day
December 10

Las Posadas
December 16–24

Hanukkah
December 18–26

Yaldā
December 21

Christmas
December 25

New Year's Eve
December 31

A Fresh Take on Peppermint

Peppermint bark. Peppermint lattes. Peppermint candy canes. There is no doubt about it—peppermint is the undisputed flavor of the winter season. Mint is full of the chemical menthol, which, when tasted, activates the same nerve sensors that allow us to feel cold. We love the refreshing, cooling sensation of mint in our mouths and are reminded of winter each time we take a taste. But there is more to the story of peppermint's hold on the winter season than its chemical composition.



Mint-flavored hard candies have been made for hundreds of years. Before the invention of air-conditioning, hard candy could be made only during the cool, dry months of winter, for heat and humidity would spoil the candy. Mint is a reliable flavoring because it does not cook off during the manufacturing process. Its flavor remains incredibly strong. For this reason, mint-flavored hard candy has always been a wintertime treat.

Legend has it that the first candy canes were invented in the 17th century by a German choirmaster who bribed his choirboys with peppermint candy sticks to keep them complacent during mass. Candy in church was not exactly solemn, so the choirmaster asked the candy maker to fashion the candy sticks into shepherds' crooks, honoring Jesus.

It wasn't until 1847 that a German Swedish immigrant to America named August Imgard used the candy cane as a Christmas decoration. He spun white hard candy into its crooked shape and hung the canes along with paper ornaments from a blue spruce. It would take a few more decades and the advent of mass production techniques for candy canes to get their red stripes. Why red? Some say this color represents the blood shed by Jesus on the cross, while others attribute it to the red berries and green garland of evergreen holly that has been associated with Yule traditions. Don't wait until December 26, Candy Cane Day, to enjoy candy canes. Most people start buying them the day after Thanksgiving.

www.FrederickCountyMD.gov

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Sweater Weather

Sweater weather is finally here, and there are plenty of holidays to prove it. The International Sweater Vestival, a day that encourages you to rock a sweater vest, falls on December 3, and Ugly Sweater Day follows on December 16. So dig deep into the moth-ball-ridden corners of your closet and sport that sweater you promised yourself you'd never wear again.

Sweater weather describes that slightly chilly time of year when the weather is perfect for a sweater but not yet cold enough to require a coat. But a sleeveless sweater vest? You can wear one of those anytime! Or does keeping the torso warm and the arms cold mean that such a garment is useless no matter the season? Utilitarian questions aside, the sweater vest has been shunned for decades as an uncool garment. They were originally donned by rowers in 1882, who wore them to promote sweating and weight loss. Sweater vests hit the mainstream in 1907 when the University of Michigan football team wore them in lieu of sleeved sweaters as the team uniform. Even Presidents Woodrow Wilson and Herbert Hoover sported them, perhaps solidifying their status as uncool. But like so many trends, uncool is becoming cool again. And besides, the founders of the International Sweater Vestival don't care whether you wear your sweater vest in earnest or ironically.

When it comes to ugly sweaters, many will point the blame to *The Cosby Show*'s Cliff Huxtable, the undisputed king of ugly '80s sweaters. But the first ugly sweater party was held at the Commodore Ballroom in Vancouver, British Columbia, in 2002, hosted by Chris Boyd and Jordan Birch. Since then, ugly sweaters worn for both Christmas and Hanukkah have become a holiday tradition all their own. High fashion has caught on, with designers selling high-end ugly sweaters for hundreds, even thousands of dollars. Sleeved or sleeveless, ironic or earnest, ugly or tasteful—no matter what style you choose, sweater weather is here.



Still Living in Infamy

U.S. President Franklin D. Roosevelt called December 7, 1941, “a date which will live in infamy.” 81 years later, we still remember the attack on Pearl Harbor and pause to honor all who were lost.



Pearl Harbor is a U.S. naval base located near Honolulu, Hawaii. It was home to the bulk of the U.S. Navy's Pacific Fleet, hundreds of airplanes, and thousands of soldiers. American intelligence officials never expected Japanese forces to start a war with the United States with an attack on Hawaii, 4,000 miles away. For this reason, Pearl Harbor was left largely undefended on December 7, 1941. As a target, Pearl Harbor was too good of an opportunity for the Japanese to ignore.

In an audacious sneak attack, without any declaration of war, Japanese forces began their assault on Pearl Harbor at around 8 a.m. At 8:10, a 1,800-pound bomb fell through the deck of the battleship USS *Arizona* and struck an ammunition store, resulting in a massive explosion and killing thousands. After two hours of fighting, 20 American ships (including every battleship in Pearl Harbor) were crippled; 300 airplanes were destroyed; 2,403 sailors, soldiers, and civilians were killed; and a thousand more were wounded.

Luckily—amazingly—the Pacific Fleet was left intact. Despite losing its powerful battleships, the Fleet's aircraft carriers had been off base during the attack and were safe. Pearl Harbor's vital infrastructure, including repair shops, oil storage depots, shipyards, and submarine docks, had been largely untouched. The U.S. Navy would be able to rebuild itself for a sustained war effort.

The day following the attack, President Roosevelt declared war on Japan. And though history remembers America and its Allies as the brave victors of a long and bloody world war, scars of that war remain. Pearl Harbor Remembrance Day is a time to reflect on all that was lost and a celebration of the freedoms that were won.

Make It Count

Every year from December 14–January 5, the National Audubon Society conducts its Christmas Bird Count (CBC). During these few weeks, volunteer birders count and record bird species in an effort to monitor the health and status of bird populations across North America. Bird counts accumulate over the decades, offering scientists long-term perspectives on the continent's bird populations.



Audubon's CBC grew out of the Christmas "Side Hunts" of the late 19th century, when hunters would compete to bring in the largest pile of birds and animals. In 1900, ornithologist Frank Chapman proposed a new tradition, a "Christmas Bird Census," where people would count birds instead of hunting them. These days it's easier than ever to join a CBC. Registration for birders begins in November, with counts starting on December 14. If you choose to participate, you could join a tradition that is over a century old.



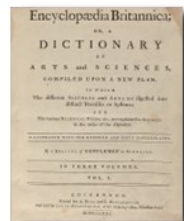
Plunge in Head-First

One of December's strangest holidays falls on December 18. It's Wear a Plunger on Your Head Day. An internet search will tell you that an ex-bounty hunter named Vern Halsey might be the only person in the world who celebrates this holiday along with his pet Komodo

dragon Felix, of course. If you'd like to keep Vern and Felix company this December 18, here's a tip: Make sure you wear the correct type of plunger on your head. Plungers often come in two designs. Those that narrow at the bottom are specifically designed to fit into a toilet and are called flange plungers, while plungers designed for the sink and shower are flat and are known as cup plungers. If you're keen on celebrating, a new, clean, store-bought cup plunger is the way to go. Happy Wear a Plunger on Your Head Day!

Encyclopedic Memory

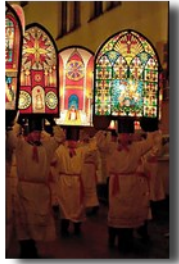
The *Encyclopedia Britannica* was conceived by printer Colin Macfarquhar and engraver Andrew Bell, both from Edinburgh. The two chose William Smellie as their editor, and while Smellie wrote many of the entries, he borrowed most, admitting that he "snipped out from books enough material for the printer. With pastepot and scissors I composed it!" What made the *Britannica* different was that it grouped related topics together into larger essays and organized those alphabetically, rather than separating entries by alphabetical order. Release of



the first edition was announced on December 10, 1768. Critics called it the "Gospel of Satan," while doctors complained that it undermined their authority. The prose was so vivid and the organization so easy to navigate that demand for a second edition was instantaneous, despite the first edition's imperfect scholarship.

Chasing Tradition

At precisely 8:15 p.m. on December 5, the eve of St. Nicholas Day, all the lights in the Swiss hamlet of Küssnacht are turned off, plunging the village along Lake Lucerne into darkness. So begins the *Klausjagen*, or "Santa Chase," one of Europe's most impressive St. Nicholas Day traditions.



Thousands of spectators line the cobbled street that has wended its way through town since the medieval era. Suddenly, explosions as loud as gunshots pierce the darkness. Spectators shrink back from the street, fearing that they may be struck by the long sheep whips wielded by the men leading the procession.



The cracking whips passing through the pitch announce the arrival of the magnificent, glowing *iffelen*. These are massive cardboard hats, some over six feet tall, worn by robed dancers. The *iffelen* are shaped like bishops' miters. They have been painstakingly cut and colored with tissue paper, showcasing intricate patterns that mimic beautiful stained-glass windows. The most elaborate easily take 500 hours to complete. As if this spectacle isn't magnificent enough, the spectators hold their breath and await the arrival of Santa Claus.

Santa, or St. Nicholas, arrives with a cacophony of clanking cowbells, tooting cow horns, and a band that plays the "Santa song," a melody of only six notes, repeated over and over again. Santa may be the star of the show, but he is not alone. *Schmutzli* walks by his side, a sinister figure robed in black who carries a broom of twigs, traditionally for whipping children who have been bad all year. This Schmutzli, luckily, is more benevolent, and he hands out pastries along the parade route.

This ancient procession owes its origins to pagan winter rites where loud noises were used to scare away evil spirits. Over the centuries, Christian and pagan traditions blended to create the famous Klausjagen procession that attracts thousands of spectators today.

50+ Community Centers December 2022 Programs & Activities

Website: www.FrederickCountyMD.gov/Virtual50
Email: VirtualSeniorCenter@FrederickCountyMD.gov

	Mondays BSC Closed to the public	Tuesdays	Wednesdays	Thursdays	Fridays All Centers Closed to the Public
Weekly Programs	10:00 Cards/Games @ ESC 11:00 Film Club @ VSC @ FSC 11:30 Game Time @ USC 1:00 Bridge @ USC 2:00 \$ Golden Tones Chorus @ FSC	10:00 Cards/Games @ ESC 10:00 Yarn Arts Group @ FSC 11:00 TED Talk @ VSC @ FSC 11:00 Cards @ BSC 11:30 Game Time @ USC 1:00 Canasta @ USC 1:30 Game Time @ FSC @ BSC 3:30 Drawing Class @ VSC	10:00 Cards/Games @ ESC 10:30 Writing Family History II @ VSC 11:00 Wii Bowling @ BSC 1:00 Game Time @ FSC @ USC 1:00 Coloring & Craft @ BSC 5:00 Cards @ BSC	9:30 Quilting @ FSC 10:00 Cards/Games @ ESC 10:30 Knit/Crochet @ VSC @ USC 11:00 BINGO @ BSC 1:00 Game Time @ USC 1:00 Knit/Crochet @ BSC	Computer Labs Each center has computers available for you to use. Limited usage time. Tech help is NOT available. Check with centers for times.
Monthly Programs & Special Activities	5 2:30 Book Club @ VSC 12 Winter Activity Guide available on our website	6 11:00 Blood Pressure Check @ BSC 11:30 Emergency Preparedness @ BSC 11:30 Emergency Preparedness @ ESC 7:00 Fun & Games @ VSC 13 8:30 Blood Pressure Check @ FSC 9:00 New to Medicare @ VSC 2:00 A Crafty Afternoon @ FSC 7:00 Six Word Stories @ VSC	7 12:30 Good News Only @ VSC 3:00 The Ancestral Sonora Desert People: Casa Grande Ruins National Monument @ VSC, FSC, USC 14 9:00 Plant-Based Eating @ VSC, USC, FSC 10:00 Blood Pressure Check @ ESC 1:00 MAP 101 @ VSC 1:00 Emergency Preparedness @ FSC 1:45 Craft: Chalk Board @ VSC 7:00 \$ Yoga Nidra \$ @ VSC	8 10:00 Blood Pressure Check @ USC 10:30 Emergency Preparedness @ USC 1:00 \$ Holiday Cookie Decorating @ USC 1:00 Craft: Cork Ornaments @ ESC 2:30 Book Club @ VSC @ FSC 15 Noon \$ Chocolate Candy Making @ ESC 2:30 \$ A Day of Infamy: The Japanese Attack on Pearl Harbor @ VSC, FSC, USC	9 Fitness classes are canceled Seniors in the Park Holidays at the Museum Rose Hill Manor Park 10:00 a.m. (Program is full – no walk-ins) 16 Noon Groceries for Seniors @ FSC
	19 First Day of Winter Registration 2:00 Holiday Performance by the Golden Tones Chorus @ FSC	20 10:00 Fresh Conversations: Diet, Exercise, & Sleep @ USC 7:00 Science Hour @ VSC	21 10:00 Tech Talk @ FSC 1:45 Kitchen Kapers: Cookies & Muffins @ VSC	22 10:00 Fresh Conversations: Diet, Exercise, & Sleep @ FSC	23 Closed – no fitness classes 
	26 Closed 	27 1:30 Craft: Paper Mosaics @ USC 7:00 Coloring & Conversation @ VSC	28 1:30 Craft: Salt Painting @ USC	29 2:00 Kitchen Kapers: Mocktails & Snacks to Ring in the New Year @ USC (presenter in-person) @ VSC	30

You must pre-register for all programs. Masks are strongly recommended for all in-person programs. Programs with an "\$" have a fee.

Registration Information

Pre-registration is required for all programs. Limited space for in-person programs. Masks are strongly recommended. Programs may be postponed or canceled.

Free Programs (Virtual, Hybrid, and In-Person Only)

Registration must be received at least two business days before program.

Email: VirtualSeniorCenter@FrederickCountyMD.gov or
Call one of the senior centers

Be sure to include:

Your Name, Phone Number, Email Address, and
Names & Dates of Classes and Programs You Want to Take

Confirmation

Once we receive your registration, we will contact you with more details about the programs. Your registration is not complete until you hear from us!

Programs with a Fee (Virtual, Hybrid, and In-Person Only)

Registration must be received by the "Registration closes" date.

If there is not a date listed, registration must be received at least two business days before program. Space is limited for in-person programs.

Payment must be included with registration. Payment is non-refundable.

Credit/Debit Card: Online

Pay via our eStore: <http://frederickcountymd-gov.3dcartstores.com>

- Once on the website, locate the "Category" boxes on the left side.
- Click on the button for the 50+ Community Programs
- Click on the program you want and add the selected program to your shopping cart

Check: Drop-Off (we recommend that you only mail a check if necessary)

- Make check payable to "Frederick County Treasurer"
- Include: Your Name, Email Address, Phone Number, and the Names & Dates of Classes and Programs You Want to Take
- Place the addressed envelope containing the *Check & Registration Information* in the lock box at the Senior Services Division (box is located to the left of the accessible door – at the top of the ramp)

Frederick County Senior Services Division

Attn: Virtual 50+Center, 1440 Taney Avenue, Frederick, MD 21702

Confirmation

Once we receive your registration, we will contact you with more details about the programs. Your registration is not complete until you hear from us!

Frederick County Senior Services Division
Offering fitness, enrichment & social opportunities for ages 50+

50+ Community Centers December 2022 Programs & Activities

Pre-registration is required for ALL programs.
Masks are strongly recommended.

Newly Added Programs

- **Holiday Cookie Decorating**
- **A Crafty Afternoon**
- **Chocolate Candy Making**
- **Holiday Performance by the Golden Tones**
- **Mocktails and Snacks to Ring in the New Year**

Brunswick Center (BSC)

Cathy Barnes
12 E. A Street
Brunswick, MD 21716
301-834-8115

Urbana Center (USC)
Susan Hofstra
9020 Annelung Street
Urbana, MD 21704
301-600-7020

Emmitsburg Center (ESC)

Caitlyn Kirby
300 S. Seton Avenue
Emmitsburg, MD 21727
301-600-6350

Virtual Center (VSC)
VirtualSeniorCenter@FrederickCountyMD.gov

Senior Services Division
301-600-1234

Frederick Center (FSC)

Dara Markowitz
1440 Taney Avenue
Frederick, MD 21702
301-600-3525

For program descriptions and more
information, please visit our website
www.FrederickCountyMD.gov/virtual50

Powerful Tools FOR Caregivers

A Class for Family Caregivers

Six Consecutive Weeks
Mondays, January 23 – February 27, 2023
10 AM – 12 PM

1440 Taney Avenue
Frederick, MD 21702

Free, but advanced registration is required

Care for yourself to provide better care for your loved one

Powerful Tools for Caregivers is an evidence-based educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Whether you are helping a parent, spouse, or friend, and regardless of where they live — at home, a nursing home or across the country — you will benefit from this class.

This class will cover: reducing stress, effective communication, self-care, reducing feelings of guilt, anger and depression, making tough decisions, setting goals and problem solving, and more.

Presenters: Mindy Lohman-Hinz & Jordan Cox
Caregiver Program Coordinators
Frederick County Senior Services Division



**To register: Call 301-600-6001 or Email
CaregiverSupport@FrederickCountyMD.gov**



Living Well with Diabetes



Living Well with Diabetes is a peer-led, community-based intervention that helps individuals with diabetes or pre-diabetes learn how to manage and improve their health. During the 6 two and one half hour sessions, participants will learn:

- Nutrition/healthy eating and preventing low blood sugar
- Glucose monitoring
- Appropriate exercise and maintaining a balance of blood sugar
- Communicating effectively with family, friends, and healthcare providers
- Techniques to deal with pain, fatigue, frustration, and isolation
- Making informed treatment decisions and disease related problem solving
- Medication usage
- Skin and foot care
- Goal Setting/Action Planning

Living Well with Diabetes
workshop session(s) will
take place

Date/Time: Jan. 10--Feb. 14, 2022

Tuesdays, 1:00--3:30 pm

Location:

Virtual format
tablet, laptop or computer required

To register to attend a workshop, for the current schedule, or if you have any other questions, please contact the coordinator at 240-566-4862 or CDSMP@Frederick.Health. Caregivers and family members are encouraged to attend. All workshops are free to participants.



Living Well
Take Charge of Your Health



Interpreters are available by advance request. Please call 240-566-4370 at least one week in advance to request an interpreter.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 240-566-4370.

ATTENTION: si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 240-566-4370.



Frederick County 2023 Memory Cafes

Life takes turns. It helps to have friends around every corner.

Frederick County Senior Services Division and the Alzheimer's Association Memory Cafe offers a fun and relaxed way for people living with memory loss and their care partners to get connected with one another through social events that promote interaction and companionship.

NOTE: Pre-registration is required.

SECOND Friday of The Month: 11:30 am—1:00 pm

Alternating Sites

Jan: Urbana Senior Center	May: Urbana Senior Center	Sept: Urbana Senior Center
Feb: Emmitsburg Senior Center	Jun: Emmitsburg Senior Center	Oct: Emmitsburg Senior Center
Mar: Urbana Senior Center	Jul: Urbana Senior Center	Nov: Urbana Senior Center * 11/17
Apr.: Emmitsburg Senior Center	Aug: Emmitsburg Senior Center	Dec: Emmitsburg Senior Center

"Meeting other people with the diagnosis helps you feel like you're not alone."

DETAILS

Urbana Senior Center: 9020 Amelung St, Frederick, MD 21704
Emmitsburg Senior Center: 300 S Seton Ave, Emmitsburg, MD 21727

TO REGISTER:

EMAIL caregiversupport@frederickcountymd.gov
OR CALL 301-600-1234

"Lot's of laughter and compassion, just what I needed..."





Join our Healthy Living Team's 5-week series to make 2023 your best year yet.

>> HEALTHIER Together

VIRTUAL SERIES



SCAN TO REGISTER!



TUESDAYS, JANUARY 17-FEBRUARY 14

LIVE CLASSES AVAILABLE AT 10 AM & 7 PM

If you're unable to join us live, the links for recorded sessions will be provided.

LEARN ALL ABOUT:

- **ORGANIZING AND PLANNING FOR THE NEW YEAR**
- **A MINDFUL APPROACH FOR THE NEW YEAR**
- **HEALTHY HABITS TO SUPPORT FITNESS GOALS**
- **FOOD AS PREVENTIVE MEDICINE**
- **EXPANDING & BALANCING YOUR PLATE**



Random Trivia

1. In 1922, a team of archaeologists began excavating what Egyptian pharaoh's tomb in the Valley of the Kings?
2. What actor stars in the films *To Kill a Mockingbird* and *Roman Holiday*?
3. What is the national animal of England?
4. Who invented a system of tactile writing for use by the blind that is still widely used today?
5. What is the smallest country in the world by landmass, measuring only 0.2 square miles?
6. What destroyed the city of Pompeii in the year AD 79?
7. What board game was originally called Criss Cross because its design was inspired by crossword puzzles?
8. What novel by Irish author James Joyce was inspired by *The Odyssey*?
9. What antibiotic was discovered by Alexander Fleming in 1928 and is still commonly used today?
10. What tennis player was the first (and only) Black man to win the singles title at Wimbledon and the U.S. Open?
11. What television show stars Jackie Gleason and Art Carney as two blue-collar workers trying to strike it rich?
12. What sky-high landmark in Toronto, Canada, first opened in 1976?
13. What flower of the daisy family is often used in herbal teas to promote sleep and relaxation?
14. What ancient Greek philosopher and mathematician is best remembered for a theorem explaining the relationship between the sides of right triangles?
15. What American artist is best remembered for her paintings of close-up flowers and Southwestern landscapes?
16. What holiday is celebrated in Canada and the U.K. the day after Christmas each year?
17. What variety of tree, common in the region and used for syrup-making, is also the national tree of Canada?
18. Complete this movie quote from *Cool Hand Luke*: "What we've got here is a failure to _____."
19. Auguste Escoffier created the dessert cherries jubilee in honor of what royal monarch?
20. How many colors are in a rainbow?
21. What woodwind instrument, which is also the oldest known instrument, represents the bird in *Peter and the Wolf*?
22. Who served as the first female secretary of state of the U.S.: Hillary Clinton, Madeleine Albright, or Margaret Thatcher?
23. Which is the closest planet to the sun, at only .466 astronomical units away?
24. What is the only country to share a land border with the United Kingdom?
25. What animal is the mascot for MGM studios?
26. What famous Sydney landmark first opened its doors in 1973 and is now the No. 1 tourist destination in Australia?
27. Who is credited with inventing and patenting the telephone in 1876?
28. What breakfast cereal advertises itself as the "Breakfast of Champions"?
29. What four-letter *M* word can mean to consider carefully or refer to a person who inspires another?
30. In Hawai'i, what single word can be used both as a greeting and a farewell?

Trivia Answers

1. King Tut. The team, led by Egyptologist Howard Carter, unearthed the tomb of the child pharaoh, whose reign began when he was just nine years old.
2. Gregory Peck. Originally a pre-med major, Peck began acting in college and won an Oscar for his portrayal of Atticus Finch in *To Kill a Mockingbird*.
3. The lion. The British coat of arms includes a unicorn and a lion on either side of a shield. The lion is the national animal of England, and the unicorn is Scotland's national animal.
4. Louis Braille. He first conceived of the Braille writing system when he was around 12 years old, eventually creating 64 symbols that represent letters and punctuation marks.

5. Vatican City. Vatican City was declared an independent state in 1929 and is completely surrounded by Italy.
6. A volcano (Mount Vesuvius). On August 24, AD 79, the volcano erupted and covered the city of Pompeii in ash. The city was not unearthed until the 1700s.
7. Scrabble. It was developed by architect Alfred M. Butts in 1931; since then, it has been released in many languages, including Braille.
8. *Ulysses*. The main character, Leopold Bloom, embarks on an adventure around Dublin that parallels the hero's journey in *The Odyssey*.
9. Penicillin. Fleming originally wanted to be a surgeon but was inspired by his mentor Sir Almroth Edward Wright to pursue research in bacteriology.
10. Arthur Ashe. The groundbreaking tennis player and activist was the first African American man to be inducted into the Tennis Hall of Fame, and the Arthur Ashe Courage Award is named for him.
11. *The Honeymooners*. We can thank this 1955 comedy about two married couples for inspiring another classic TV show, *The Flintstones*.
12. The CN (Canadian National) Tower. The American Society of Civil Engineers has declared the tower one of the Modern Civil Engineering World Wonders.
13. Chamomile. In addition to a sleep aid, the dried flowers are sometimes used to combat inflammation and minor aches, and for anxiety relief.
14. Pythagoras (*puh-THA-guh-rus*). Although much of his philosophy was not written down and has been lost, his theorem is a key part of math curriculum to this day.
15. Georgia O'Keeffe. O'Keeffe became known for her artwork inspired by the beauty of New Mexico and the Hispanic and Native American cultures found there. She was presented the Medal of Freedom in 1977 and the National Medal of Arts in 1985.
16. Boxing Day. Initially, this holiday stemmed from a time when the well-to-do would box up gifts for their staff and/or the less fortunate on the day after Christmas.
17. The maple tree. First recognized as Canada's national tree in 1996, the maple tree is also represented in the Canadian maple leaf flag and their national tartan, the Maple Leaf tartan.
18. "Communicate." This speech from the captain is also referenced in the Guns N' Roses song "Civil War."
19. Queen Victoria. The chef invented this sweet-yet-tart treat to celebrate Queen Victoria's 1897 Diamond Jubilee.
20. Seven. Isaac Newton observed rainbows when he split light using a prism and was the first to list the seven fundamental colors of the rainbow.
21. The flute. The oldest musical instrument ever discovered is a 60,000-year-old flute found in the Divje Babe (*DIV-ee-uh BAH-bay*) cave and was made from a bear bone.
22. Madeleine Albright. She was the American ambassador to the U.N. in 1993 and became secretary of state in 1996.
23. Mercury. Because it is closer to the sun, Mercury has a shorter year than Earth, measuring just 88 Earth days.
24. Ireland. Other countries with only one neighbor include Canada and Vatican City.
25. A lion. A lion has been the Metro-Goldwyn-Mayer mascot since 1924, though he did not have his trademark roar until 1928.
26. The Sydney Opera House. The Opera House welcomes more than eight million visitors annually and was designed by architect Jørn Utzon.
27. Alexander Graham Bell. Although other scientists, including Elisha Gray, worked on similar technology, Bell was the first to patent this communication innovation.
28. Wheaties. Reinforcing the image as a hearty breakfast, Wheaties boxes have featured prominent athletes through the years, including Lou Gehrig, Jim Thorpe, and Serena Williams.
29. *Muse*. The Greek word *mousa* means "a source of inspiration," and the Muses were goddesses of inspiration.
30. *Aloha*. In Hawai'i, the term *aloha spirit* is used to describe spreading good feelings, harmony, and unity.

©ActivityConnection.com – Random Trivia



3 WAYS TO THAW A TURKEY

Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.



Cold water:

Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.



Microwave:

Cook immediately after thawing.



How to thaw:
Use defrost function based on weight

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

For more information
on safe
thawing methods,
visit
fsis.usda.gov



United States Department of Agriculture

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

5 TURKEY LEFTOVER IDEAS :

SHEPHERD'S TURKEY PIE
TURKEY & RICE SOUP
TURKEY TOSTADAS
TURKEY POTATO SALAD
TURKEY TETRAZZINI



Festive Fiesta Bean Spread

Ingredients:

- 1 (16-ounce) can refried beans
- 1 teaspoon ground cumin
- 1 pint sour cream
- 2 cups shredded Cheddar cheese
- 2 tomatoes, chopped
- Tortilla chips
- 1 cup salsa
- 1/2 teaspoon garlic powder
- 1 (1.25-ounce) package taco seasoning mix
- 1 cup shredded Monterey Jack cheese
- 1 bunch green onions, chopped

Directions

1. Mix together beans, salsa, cumin, and garlic powder.
2. Spread on large, flat serving dish as a thin, bottom layer (about 1/2-inch thick).
3. Mix together sour cream and taco seasoning. Spread over bean layer.
4. Sprinkle the dip with cheese and top with chopped tomatoes and green onions.
5. Cover with plastic wrap. Chill for at least one hour.
6. Serve cold with tortilla chips.

Makes 18 servings



Healthy Holiday Pinwheel Wraps

Ingredients:

- 4 large flour tortillas
- 3/4 pound smoked turkey, sliced
- 1 red and 1 yellow bell pepper, diced
- 16-ounce can of whole-berry cranberry sauce
- 3/4 pound Monterey Jack, sliced
- 1/2 head green-leaf lettuce
- Mayonnaise

Directions

1. Spoon the cranberry sauce into a food processor and pulse it briefly.
2. Lay the tortillas on a flat working surface and lightly spread them with mayonnaise.
3. Top each tortilla with a slice of cheese and turkey.
4. Spread cranberry sauce on the turkey and cheese layers and cover them with lettuce and bell peppers.
5. Snugly roll up the sandwiches.
6. To use the roll-ups as hors d'oeuvres, use a serrated knife and cut each roll-up into 1 1/4-inch-wide pinwheels. Insert a toothpick to hold together.

Makes 4 sandwiches or 20–24 pinwheels



Simply Sweet Potato Candy

Ingredients:

- 1 cup leftover mashed potatoes
- 1 teaspoon vanilla
- 1-pound box of powdered sugar
- Peanut butter

Directions

1. In a large bowl, add the vanilla to the mashed potatoes and then add powdered sugar until a dough-like consistency is achieved (approximately 3 cups of powdered sugar).
2. On a sheet of waxed paper, roll the mixture to 1/4-inch thickness.
3. Spread a layer of peanut butter over the potato mixture.
4. Roll into a loaf and cover with the wax paper.
5. Refrigerate at least 1 hour before cutting. Slice into 1/4-inch slices.



Even or Odd Peppermints?

Try to be left holding all the peppermints in this fun and simple game of chance.

Number of players: Any

Object of the game: Win peppermints by guessing if another player has an even or odd number of peppermints in their hand.

Preparations:

- Fill a sandwich bag with 12 individually wrapped peppermints for each player.
- Set up chairs in a circle for players.

Directions:

1. Hand out the bags of peppermints to every player.
2. Players should put the candy bag on their laps where the other players can't see.
3. The first player puts some peppermints in their hand (so others can't see the amount). The player counts the peppermints and notes if it's an odd or even number.
4. They turn to the second player and say, "Odd or even?"
5. The second player guesses if the first player has an odd or even number of peppermints in their hand. If they guess correctly, the first player must give the peppermints in their hand to the second player. If the second player is wrong, the first player tells them how many mints they are holding, and the second player gives the first player that number of peppermints from their bag.
6. The second player now takes out some peppermints and poses "Odd or even?" to the third player.
7. The game continues until one player has all the peppermints and wins.

©ActivityConnection.com – Even or Odd Peppermints?



Color Toss

Sort different-colored ping-pong balls into matching plastic baskets by dropping, bouncing, or tossing them in.

Number of players: Any

Object of the game: Toss, bounce, or place a ping-pong ball in each basket that matches the color of the basket.

Supplies:

- 8 plastic bins or baskets (2 each in 4 colors) and 8 matching ping-pong balls
- (Optional) Whiteboard or paper for keeping score

Set up and play:

1. Space the plastic bins on a table so there is at least 6" of space between them and 12" in front of them for bouncing the ping-pong balls.
2. Each player can sit or stand as they take the ping-pong balls, one by one, and try to get them into the basket with the matching color.
3. Players can toss the balls directly, bounce them once on the table, or simply place the ball in the bin.
4. If you play for points, award players 2 points for each ball they get in the matching-colored bin and 1 point for any ball they get in a bin even if it doesn't match.

©ActivityConnection.com – Color Toss



Holiday Tomato Cage Tree

Transform a simple tomato cage into an inexpensive, easy-to-trim holiday tree with no messy needles to sweep up.

You will need:

- Round tomato cage (33" to 42" tall)
- 12–16 ornaments
- Ten-yard roll of 2 1/2"- to 3"-wide burlap ribbon
- Strand of holiday lights
- Clear packing tape
- Scissors

Directions:

1. Turn the tomato cage upside down. Gather the "legs" into a point and tape them together.
2. Starting at the pointed top, wrap holiday lights around the cage. Be sure the end with the plug is near the bottom. Use tape to secure sections of the lights to the cage as needed.
3. Tie the end of the burlap ribbon to the pointed top of the cage. Loosely wrap the burlap down the tree, taping it occasionally if needed. Cut off any extra burlap ribbon.
4. Cut a strand of burlap and tie it into a bow around the top of the tree.
5. Hang the ornaments and plug in the lights. Display your holiday tree on a floor, a table, indoors, or outside in good weather.

©ActivityConnection.com – Holiday Tomato Cage Tree



Canned Plants

What you'll need:

- Used and cleaned food cans
- Craft paint and paintbrush –Acrylic primer (optional)
- Hammer and nail or pebbles or gravel
- Found objects like plastic cups, buttons, clothespins, straws and rubber bands
- Craft glue, superglue, or hot glue
- Tiny magnets

- Plant & soil The rubber band mouth in the photo is glued to the can but the other items are glued to magnets. The comb mustache is held up by the clothespin.

Show your creative side and have fun.....great gift idea.



Icicle Mobile

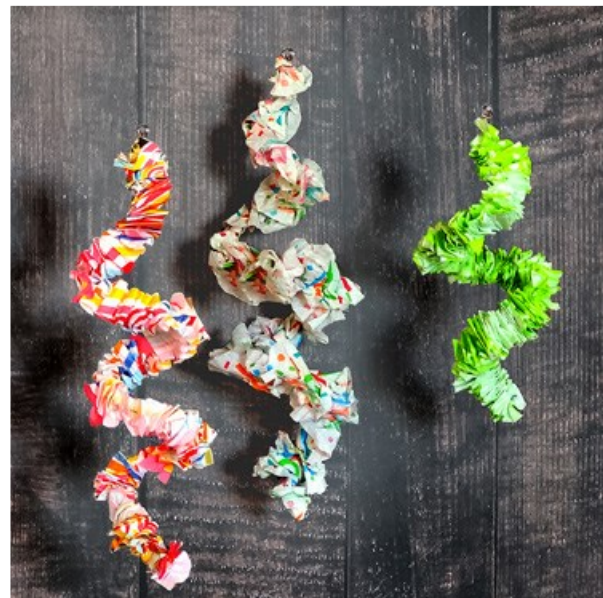
Thread strips of colorful paper napkins onto a wire and make a swirly icicle mobile. Hang groupings of them for a decorative community project.

You will need:

- 19-gauge wire (18" long)
- Square paper dinner napkins in festive colors and designs
- Paper towel roll or similar
- Fishline or string
- Needle-nose pliers
- Ruler
- Scissors

Directions:

1. Cut a folded paper napkin into nine 3/4"-wide strips and unfold the strips.
2. Tightly coil one end of the wire. Make the other end pointed by cutting it at an angle with the wire cutters of the pliers. This will make it easier to thread the paper strips onto the wire.

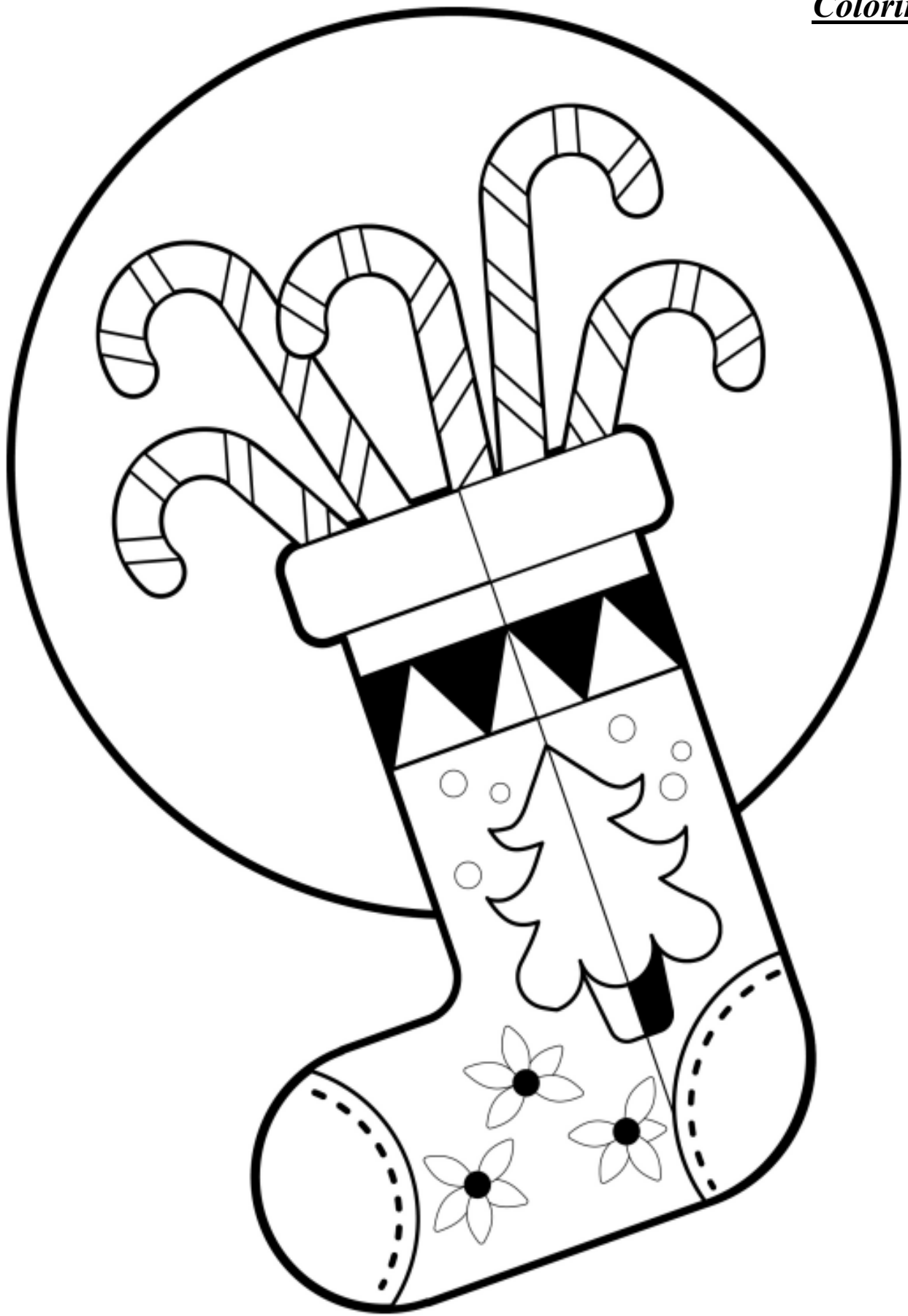


3. Use the pointed edge of the wire like a sewing needle and stitch a napkin strip onto it. Use a running-style stitch, spacing the stitches about 1/2" apart. Once the strip is completely on the wire, scrunch it down to the coiled end of the wire.

Repeat the process with the rest of the napkin strips.

4. Coil the pointed end of the wire with the pliers to prevent the napkins from sliding off.





A Minty Match

Match the clues to the minty items.

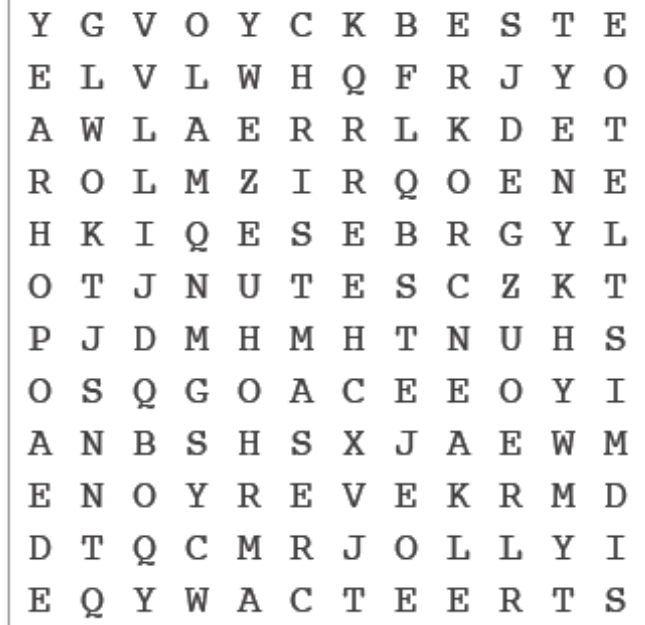
- | | |
|--|----------------------------------|
| 1. Friend of Charlie Brown _____ | A. Tic Tac |
| 2. Aim or Crest _____ | B. peppermint latte |
| 3. Hooked Christmas stick _____ | C. Milanos |
| 4. Throat-soothing lozenge _____ | D. Peppermint Patty |
| 5. Classic Girl Scout cookies _____ | E. Altoids |
| 6. Starbucks order _____ | F. Doublemint |
| 7. Green liqueur _____ | G. candy cane |
| 8. Pepperidge Farm cookies _____ | H. toothpaste |
| 9. Kentucky Derby drink _____ | I. mint chutney |
| 10. Small, round, chocolate-covered mints _____ | J. pastels |
| 11. Dental rinse _____ | K. Thin Mints |
| 12. Tin mints _____ | L. Junior Mints |
| 13. Soft-colored party mints _____ | M. cough drop |
| 14. Popular frozen treat _____ | N. spearmint |
| 15. Condiment used in Indian cuisine _____ | O. crème de menthe |
| 16. Aromatic herb _____ | P. mint julep |
| 17. Mini mint _____ | Q. mouthwash |
| 18. Wrigley's product with twice the flavor, _____ gum | R. mint chocolate chip ice cream |



A Holly Jolly Christmas

Fill in the missing lyrics and then find the words in the puzzle.
Search vertically, horizontally, diagonally, forward, and backward.

Have a ____, jolly Christmas
It's the ____ time of the year
I don't know if there'll be ____
But have a cup of ____
Have a holly, jolly ____
And when you walk down the ____
Say hello to ____ you know
And everyone you meet
Oh ho, the ____
Hung where you can see
____ waits for you
Kiss her once for me
Have a holly, ____ Christmas
And in case you didn't ____
Oh, by golly, have a holly, jolly
Christmas this year
Have a holly, jolly Christmas
It's the best ____ of the ____
Have a holly, jolly Christmas
And when you ____ down the street
Say hello to friends you know
And ____ you ____



Double Exposure - Can you find the 5 differences?



Playing in the “Snow”

Use the clues to determine words that rhyme with *snow*.

1. Cornfield bird _____
2. Archer’s weapon _____
3. Do a tailor’s job _____
4. AAA service _____
5. To and _____
6. Fawn’s mother _____
7. Sluggish _____
8. Toss _____
9. Quid _____ quo _____
10. Trim the lawn _____
11. Shine softly _____
12. Move like a river _____
13. Paddle _____
14. Money, informally _____
15. Toddler’s favorite word _____
16. Crockpot setting _____
17. Be in debt _____
18. *The Greatest _____ on Earth* _____



Hanukkah Secret Message

Follow the instructions to cross off words in the table.
What do the remaining words say?

1. Cross off all words that begin with the letter *J*.
2. Cross off all words that are animals.
3. Cross off all words that contain the word *ball*.
4. Cross off all six-letter words.
5. Cross off all words that are vegetables.
6. Cross off all words that are geometric shapes.



may	zigzag	ballerina	Jacuzzi
love	triangle	elephant	beet
lemming	and	cowboy	pentagon
juice	light	spinach	buffalo
ballads	fill	parsnip	jumbled
whimsy	your	home	volleyball
fox	yam	and	parlor
jog	panda	heart	at
puffball	melody	octagon	star
cabbage	oval	balloon	hanukkah



Famous December Birthdays

The following people were born in December. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Jeff **BRIDGES**
- B. Phil **DONAHUE**
- C. Ira **GERSHWIN**
- D. Howard **HUGHES**
- E. Johannes **KEPLER**
- F. Sandy **KOUFAX**
- G. Mary **MARTIN**
- H. Archie **MOORE**
- I. **NOSTRADAMUS**
- J. Rod **SERLING**
- K. Frank **SINATRA**
- L. Steven **SPIELBERG**

N	G	S	R	R	T	H	E	C	Q	Z	H
G	I	C	P	U	E	R	N	V	X	U	J
N	I	W	G	I	O	L	T	U	G	G	T
I	A	D	H	O	E	Q	P	H	Y	K	A
L	R	G	M	S	M	L	E	E	V	A	D
R	T	H	Y	A	R	S	B	H	K	D	D
E	A	C	R	O	D	E	L	E	I	Z	O
S	N	T	P	C	N	L	G	U	R	F	N
C	I	A	Q	I	M	S	H	S	N	G	A
N	S	X	A	F	U	O	K	B	G	C	H
X	T	S	E	G	D	I	R	B	E	Y	U
N	O	S	T	R	A	D	A	M	U	S	E

Bonus: Match the person to the correct clue.

- | | |
|---|--------------------------------|
| 1. Actress/singer _____ | 7. Champion boxer _____ |
| 2. Lyricist _____ | 8. Business magnate _____ |
| 3. Host of <i>The Twilight Zone</i> _____ | 9. TV talk show host _____ |
| 4. Actor/singer _____ | 10. Actor _____ |
| 5. Astrologer _____ | 11. MLB baseball pitcher _____ |
| 6. Director _____ | 12. Astronomer _____ |

Automobile Pass It On

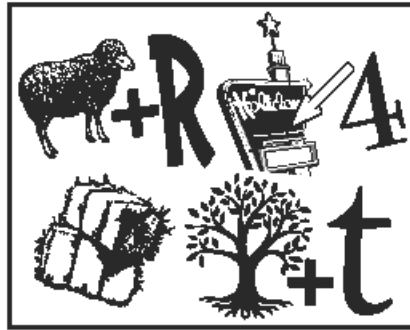
After answering each clue, use the last letter of the answer for the first letter of the next answer. The first answer is given.

- | | |
|--------------------------------------|--------------|
| 1. Swedish automaker | <u>Volvo</u> |
| 2. Lubricant | _____ |
| 3. Toyota's luxury line | _____ |
| 4. Used to turn the car | _____ |
| 5. Auto plate | _____ |
| 6. Powered like Tesla | _____ |
| 7. Small car, like a coupe | _____ |
| 8. There are four of them | _____ |
| 9. Electric spark igniter | _____ |
| 10. Fuel | _____ |
| 11. Sporty aerodynamic device | _____ |
| 12. Wheel part, edge | _____ |
| 13. Engine | _____ |
| 14. Cooling device | _____ |
| 15. Top of the car | _____ |
| 16. Model-T maker | _____ |
| 17. Car entrance | _____ |
| 18. Dodge truck, named for an animal | _____ |



Concentration Puzzles

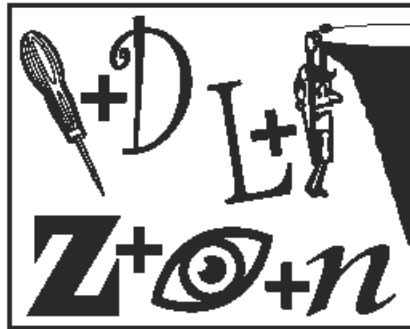
Use the visual clues in the puzzle to figure out what it says.



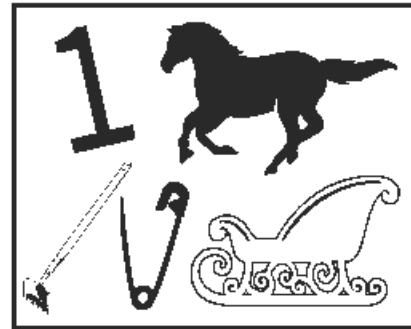
Puzzle #1



Puzzle #2



Puzzle #3

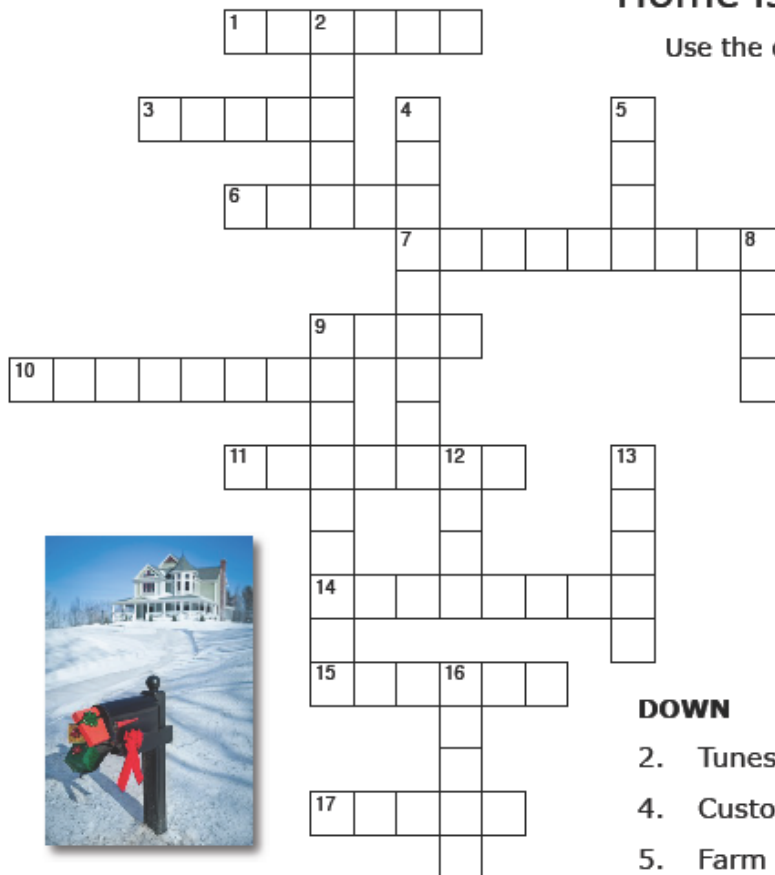


Puzzle #4

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Home Is Where the Heart Is

Use the clues to fill in the crossword.



ACROSS

1. Kin
3. Holiday purchases
6. Hot drink
7. Glazed goodies
9. Pets that purr
10. Eight-day Jewish holiday
11. Close group
14. "Show-Me" state
15. Evening meal
17. Move to the music

DOWN

2. Tunes
4. Custom
5. Farm building
8. Winter weather

DOWN

9. Merry _____
12. Pooches
13. Room at the top
16. Welcome mat location

Do you know who I am? Here are some clues: **Who Am I? – Celebrating a Mystery Person**

1. I was born on December 9, 1916, in Amsterdam, New York. 2. In my youth, I held many odd jobs. 3. I grew up in a poor family with six siblings. 4. Vincent van Gogh is my favorite artist. 5. I was a competitive wrestler in high school and college. 6. It took me a very long time to win a coveted award. 7. One of my sons tragically died from a drug overdose. 8. Once in my career, I came out to support someone who had been blacklisted. 9. Humanitarian and philanthropic causes matter to me. 10. I changed my name to advance my career. 11. My second marriage lasted 66 years. 12. I served in the Navy during World War II. 13. Jimmy Carter and the French government have honored me. 14. My wife and I gave away most of our fortune. 15. Throughout my career, I was privileged to work with the best in the industry. 16. Despite suffering a debilitating stroke, I returned to work. 17. Given my difficult childhood, my tough-guy image rings true. 18. I am an accomplished author and actor. 19. My acting career has spanned six decades. 20. I once produced the most expensive movie ever made. 21. Burt Lancaster was a frequent collaborator. 22. I am known for my cleft chin. 23. I am one of Hollywood's most celebrated actors. 24. My family has followed in my footsteps, especially my son Michael. 25. I am Spartacus.

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Secret message:

May love and light fill your home and heart
at Hanukkah. ~ Author Unknown

Cranium Crunches

Puzzle #1 You're in for a treat.

Puzzle #2 Fireside chats

Puzzle #3 Auld Lang Syne

Puzzle #4 One-horse open sleigh

Playing in the "Snow"

- 1. crow
- 2. bow
- 3. sew
- 4. tow
- 5. fro
- 6. doe
- 7. slow
- 8. throw
- 9. pro
- 10. mow
- 11. glow
- 12. flow
- 13. row
- 14. dough
- 15. no
- 16. low
- 17. owe
- 18. Show

Double Exposure

- 1. One of the hazelnuts is missing.
- 2. There is a candy where the star anise was.
- 3. The star cookie has a red center.
- 4. The cookie does not have "Merry Christmas" on it.
- 5. There is an extra pine cone.

A "Minty" Match

- 1. D. Peppermint Patty
- 2. H. toothpaste
- 3. G. candy cane
- 4. M. cough drop
- 5. K. Thin Mints
- 6. B. peppermint latte
- 7. O. crème de menthe
- 8. C. Milanos
- 9. P. mint julep
- 10. L. Junior Mints
- 11. Q. mouthwash
- 12. E. Altoids
- 13. J. pastels
- 14. R. mint chocolate chip ice cream
- 15. I. mint chutney
- 16. N. spearmint
- 17. A. Tic Tac

Automobile Pass it on

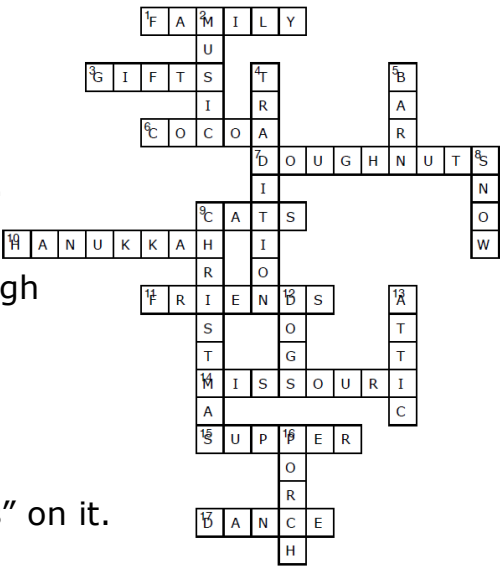
- 1. Volvo
- 2. oil
- 3. Lexus
- 4. steering wheel
- 5. license
- 6. electric
- 7. compact
- 8. tires
- 9. spark plug
- 10. gas
- 11. spoiler
- 12. rim
- 13. motor
- 14. radiator
- 15. roof
- 16. Ford
- 17. door
- 18. Ram

Birthday Bonus:

- 1. Actress/singer – G
- 2. Lyricist – C
- 3. Host of *The Twilight Zone* – J
- 4. Actor/singer – K
- 5. Astrologer – I
- 6. Director – L
- 7. Champion boxer – H
- 8. Business magnate – D
- 9. TV talk show host – B
- 10. Actor – A
- 11. MLB baseball pitcher – F
- 12. Astronomer – E

Home Is Where the Heart Is

(solution)



You guessed it—I am Kirk Douglas.



Baking Day Detective

*Search for the items in **bold**.*

Grandma is in the kitchen wearing her **red apron** and feeling quite excited. It's holiday cookie-making time, and if you bring **4 eggs**, you'll also be invited.

With her lucky **oven mitt** and **3 recipe cards**, she's ready to bake up a storm.

She'll be making a mess while having fun, which is pretty much her norm.

She's put on glasses and is singing Christmas carols as she gathers equipment up.

She's got 3 metal measuring cups, a mixing bowl, a whisk, and a glass measuring cup.

Her **electric mixer** with **2 beaters** is at the ready, as her duty she will not shirk.

Armed with **4 measuring spoons**, a rolling pin, and **4 cookie cutters**, she's busy at work.

Grandma's mixing **vanilla extract, flour, brown sugar, white sugar, and 4 butter sticks,**
While the grandkids are eying **spatulas—1 rubber and 2 metal—**hoping for some licks.

With the **metal scooper**, she makes dough balls to put on the **baking sheet**.

When it comes to making cookies and spoiling kiddos, this grandma can't be beat!

At last, **10 decorated cookies** are cooling on **2 racks**, and Grandma's taking a rest.

If the grandkids weren't supposed to touch them, they've already failed the test.

When the cookie theft was discovered, the kids blamed their dog named Nick. Grandma laughed because, having raised their dad, she was onto their every trick!